

Paris returns

Shaken but determined, The City of Light continues French way of life after weekend attacks
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address rumours



Your essential daily news | TUESDAY, NOVEMBER 17, 2015

High 4°C/Low -2°C Chance of showers, flurries



Turf price tag spikes

COLE HARBOUR

Estimated cost of new facility bumped up to \$3.9 million



Stephanie Taylor
Metro | Halifax

The city is looking at earmarking another \$1.6 million to build a new all-weather sports turf in Cole Harbour.

Area councillor Lorelei Nicoll said the more than million-and-a-half extra municipal staff say is needed to construct an artificial field at the former Gordon Bell Annex site is more of a contingency, bumping up the estimated cost of the project to \$3.9 million.

"The concept plan is what

surprised a lot of people with the cost of the project," Nicoll said Monday. "We want to keep everyone active ... can you put a price tag on that?"

According to a staff report headed to Wednesday's audit and finance standing committee, the budget for the project was approved prior to a detailed review of the site.

The preliminary figure of \$2.3 million was based on spending for similar projects, staff said, such as the new turf at Charles P. Allen High School in Bedford.

But findings from an engineering consultant revealed it would cost upwards of \$1 million to prepare the Gordon Bell lands, and closer to \$4 million to install the turf, as well as lighting, fencing and other equipment.

Construction is set to begin next spring, and be completed by the fall.



Staff won't know exactly the cost until it goes to tender.

Coun. Lorelei Nicoll

Nicoll underlined the fact that despite the required increase, Halifax regional council committed to building a new all-season turf for communities in the area, which many athletes and sports organizations are counting on.

"You spend quite a bit of money belonging to various sports organizations and associations, but then you don't get your time to play because our weather is what it is," she said.

"There's a lot of lost games because of the fact that there's not enough all-weather turf."



Heather Soper starts setting up a Halifax Lights Holiday Market at Historic Properties on Monday. JEFF HARPER/METRO

GOOD *and* CHEER

Holiday market coming to downtown Halifax



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Preserving the 'magic'

A child checks out Mills' display last year along Spring Garden Road. The holiday favourite will now be a part of the Museum of Natural History's seasonal display on an annual basis, which will include its own Holiday Village. JEFF HARPER/METRO

CHRISTMAS

Mills Brothers display moving to Halifax museum



Haley Ryan
Metro | Halifax

Halifax's own Snow White and the seven dwarves have

found a new home.

Formerly popping up in the storefront window of the iconic Mills Brothers store on Spring Garden Road every holiday season, the Snow White display was given to The Museum of Natural History as a gift after Mills closed this July, said museum spokesman Jeff Gray.

"It's something that so many people in Nova Scotia and Halifax in particular remember about their holidays," Gray said on Monday.

"For them to be able to come back and know that they're here now at the museum, and be able to see them every year, it sort of preserves that."

All the original pieces of the display, including deer, the prince and a "quite lovely" storybook backdrop as well as Snow White and the dwarves

will be exhibited starting this Wednesday evening at 7 p.m. until Jan. 3, Gray said.

Besides the Mills nostalgia factor, Gray said the animatronic pieces from the 1940s are important to preserve as

they were brought over from Germany, where Christmas

window displays were an important tradition.

The Mills display may be the "headliner," Gray said, but that prompted them to create a Holiday Village exhibit that will now run every year.

Across the aisle from the Mills display will be a Victorian-style backdrop the museum used to put behind a stagecoach, Gray said, and hasn't been seen since 1980.

The village scene will also have display cases of historic

toys and items like Moirs Chocolate boxes one used to find in Halifax, Gray said.

Although the museum rarely used to put on a holiday exhibit, Gray said the Mills display was so unique it was important to preserve a piece of Halifax history so many are attached to.

"And if they're new visitors to the museum or young children, they can sort of get caught up in a bit of holiday magic," Gray said.

“

I think that for us to be able to preserve it is really interesting.

Jeff Gray



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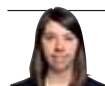
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Holiday market hopes to draw people downtown

HISTORIC PROPERTIES

Craftspeople, music, vendors come together this week



Haley Ryan
Metro | Halifax

Storeowners in Historic Properties are hoping a new holiday market will trigger a “revival” in the area during the slower winter months.

Starting Thursday and running until Dec. 20, the Downtown Halifax Business Commission (DHBC) said the first-annual Halifax Lights Holiday Market will be at Historic Properties and help all businesses in the urban core.

“[We’ve] definitely been waiting for this for awhile,” Freda Dubblestyn, Bounty Boutique owner said Monday as Christmas trees and lights were hung in the cobblestone courtyard.

“We don’t have anything going on in the winter, which we really need. It’s a long winter,” said Dubblestyn, who’s been in Historic Properties for 35 years.

Paul MacKinnon, DHBC director, said the Halifax Lights takes place every Thursday to Sunday for the next few weeks, with themes like international celebrations, local neighbourhoods, a Christmas Carol, cats and dogs, and Christmas Eve.

While they originally looked at Granville Mall, MacKinnon said Historic Properties contacted him to team up since



Paul MacKinnon of the Downtown Halifax Business Corporation speaks during the launch of the Halifax Lights Holiday Market at Historic Properties on Monday. JEFF HARPER/METRO

they were already planning a holiday market, and their Armour Group landlords came on board as an easier financial partnership for this year.

Vendors, crafts, plus food and drink sellers will be outside and inside the area, MacKinnon said, who change every weekend alongside art and entertainment.

“This is really the way that we are competing with online [shopping], creating an experience and then hopefully the shopping and dining spills out after,” MacKinnon said.

Parking will also be free in the waterfront lots and Scotia Square on Saturdays and Sundays for the length of the market starting this weekend.

Michel Levasseur, owner of Carrefour Atlantic and The Puffin Gallery, said specific events are great ways to draw in residents who usually shop in malls and big box stores but want something more unique. “This might trigger a little revival, an interest in the place, the fact that there is something downtown on the waterfront,” said Levasseur.

Pearl & Daisy Natural Soap owner, Rebecca Taylor, said Monday the market puts the joy back in holiday shopping, which can often be a drag in

“**I think we couldn’t get anything more exciting.**”
Freda Dubblestyn

crowded malls.

“If you ... want to have an experience that you’ll probably want to build into your annual tradition then this is the place to come,” Taylor said.

TAX EVASION

Hairstylist fined more than \$23,000



Stephanie Taylor
Metro | Halifax

The owner of a Halifax hairstyling company has been slapped with more than \$23,000 in fines for tax evasion.

Christopher Cromwell was found guilty of tax evasion in Halifax provincial court last Friday.

He and his company have since been fined \$23,084.

The Canada Revenue Agency (CRA) began investigating Cromwell’s income over 2004 and 2005, while he worked as a hairstylist in Bedford and Halifax.

The investigation revealed that Cromwell had an unreported income from clients who paid either by cash or cheque.

In total, the CRA found that Cromwell failed to report \$99,078 on both his personal and corporate income tax returns.

He also failed to report \$6,846 of HST on the 24-monthly returns over the course of the investigation.

The CRA reports that Cromwell evaded a total of \$23,084 in federal taxes.

He has been court ordered to pay the fines within the next two years, as well as pay back the outstanding amount of tax owing and any civil penalties that may be assessed by the CRA.

\$99K

The CRA found Cromwell failed to report **\$99,078** on his personal and corporate returns.

“**I’m looking forward to the kettlecorn. Just all the smells and sights.**” Rebecca Taylor

MEDICAL EMERGENCY

Boeing 777 diverted to Halifax airport

A Boeing 777 flying from London to Miami was diverted to Halifax Monday due to an on-board medical issue.

The spokeswoman for the Halifax airport says American Airlines flight 39 landed shortly after 1 p.m. local time. Ashley Gallant said the aircraft was expected to continue its journey the same day.

She says the person on board was taken off and provided with medical care. Gallant says she wasn’t aware of how many

+ DIVERSIONS

An airport spokeswoman said it’s common to have the diversions to Halifax airport due to its location near international routes, but it’s unusual to have such a large aircraft land at the airport.

people were on the aircraft.
THE CANADIAN PRESS

CRIME

Police arrest man who tried to rob, cab driver

Halifax police have a 38-year-old man in custody after he allegedly tried to stab a taxi driver in Fairview.

Police responded to the area of Main Avenue and Titus Street at about 5:30 a.m. Sunday after a man reportedly robbed a cab driver at knifepoint.

They say a man produced a knife, demanded cash and then tried to stab the driver, slashing one of his hands.

Police caught up with the suspect a short time later and arrested him.

They found some cash on him, and then searched his home and found clothing and a knife.

The accused is expected to appear in Halifax provincial court Monday morning to face charges of robbery, assault with a weapon and assault causing bodily harm.

METRO

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DRIVING

Teens caught going 120 km/h in 50 zone

Two Nova Scotia teens have been charged with stunt-driving after they were spotted driving more than 120 kilometres per hour in a 50 km/h zone on Saturday around 10:40 p.m. A Lunenburg District RCMP officer saw two cars racing on Highway 3 near Dayspring.

The cars were going between 120 and 130 km/h,

a RCMP release said.

Police stopped the vehicles and charged a 16-year-old newly licensed driver from Pine Grove, and a 19-year-old newly licensed driver from Upper Branch, with stunt-driving. Both cars were seized, and the teens had their licenses suspended for a minimum of one week.

Stunting

RCMP define stunting as travelling more than 50 km/h over the speed limit.

one week. METRO

Crown closes case in Calnen death trial

TRIAL

Defence could begin presenting its side Tuesday



Zane Woodford
Metro | Halifax

The Crown finished presenting evidence Monday in its case against Paul Trevor Calnen.

Calnen, 52, is charged with second-degree murder for the 2013 killing of his girlfriend, Reita Jordan, 34, in Hammonds Plains. At the start of the trial earlier this month, Calnen pleaded guilty to a charge of indecently interfering with human remains — in this case, burning them. Jordan's body was never recovered.

On Monday, lawyers for

each side spent much of the day arguing about the admissibility of a piece of evidence. Because the jury was not present for those discussions, they can't be reported.

Afterwards, Crown attorney Rick Woodburn told the court he was finished presenting evidence against Calnen.

On Tuesday, defence attorney Peter Planetta will start to present his evidence in the case, if he chooses to do so.

Earlier in the day on Monday, the court excluded the gallery, including media from the courtroom to deal with an issue with the jury.

The next time the jury was in the courtroom, there were 13 — nine women and four men, as opposed to nine women and five men — instead of the originally picked 14 jurors.

Monday was the first day of the third week of five set aside for the trial in Nova Scotia Supreme Court.



Paul Calnen arrives at court on the first day of his second-degree murder trial in Nova Scotia Supreme Court in Halifax.

REITA JORDAN/FACEBOOK

DARTMOUTH

Jury selection begins in pizza-delivery shooting

Jury selection began Monday in the first-degree murder trial for one of two men accused of the 2010 shooting of a pizza delivery driver in Dartmouth.

Besides the murder charge, Nathan Tremain Johnson, 24, from Cherry Brook also faces nine weapons charges including possession of a weapon obtained by commission of an offence.

Donald Chad Smith, 27, from Windsor Junction was shot while making a pizza delivery on Joseph Young Street and pronounced dead at the scene.

In 2010, an employee at the

pizza shop said Smith had only recently started his job.

Police said at the time the shooting was "targeted," and the victim and the accused knew each other.

Arrest weren't made in the case till 2013, after what police called a "long and complicated" investigation.

Randy Desmond Riley, 24, is also charged with first-degree murder, and is scheduled to stand trial in March.

The Crown is seeking a publication ban on evidence in this trial to protect Riley's right to a fair trial next year.

ZANE WOODFORD/METRO



Nathan Tremain Johnson leaves Dartmouth court in 2013 after appearing to face a first-degree murder charge.

JEFF HARPER/METRO

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FUNDRAISING LET'S TALK TURKEY Darrell Geddes, chairman of the Turkey Club membership committee, left, becomes this year's first member at City Hall on Monday. The Turkey Club, a fundraising program at The Parker Street Food Bank, sees 100 per cent of its membership donation go directly to buying struggling families a full Christmas turkey dinner. JEFF HARPER/METRO



This group of young girls placed coats on telephone poles and lamp poles in Halifax. TC MEDIA

A warm response to 'mystery coats'

COMMUNITY

Kids wrapped telephone poles with winter gear

A woman's heartwarming initiative spread like wildfire on social media after she and a group of friends and family wrapped Halifax lamp posts and telephone poles with coats, hats, scarves and mittens.

Every year, Tara Smith-Atkins of Caledonia, her family and the daycare she runs from her home reaches out to the community around the holidays. This year, they had a very successful coat drive and wanted to share warm clothing with people in need.

"The response was phenomenal," said Smith-Atkins.

The 27-year-old and her husband left her back door unlocked and community members dropped off winter clothing over several weeks.

The couple decided Saturday would be the drop-off day. Their daughter was having her eighth birthday party at Hatfield Farm, and before the party, all of the guests were taken to downtown Halifax to give out some gifts of their own.

Smith-Atkins says the seven young girls who came along learned quickly how important it was to help others. Each time they got back in the car, the girls asked for the heat to be turned on or told Smith-Atkins

they were cold. That gave her the opportunity to point out just how much having a warm coat means.

Each coat or scarf they placed included a tag that said: "I am not lost! If you are stuck out in the cold, please take me to keep warm!"

The clothing was doled out in clusters. A coat could have mittens or socks in the pockets or a scarf with a hat and mittens.

Shortly after dropping off the clothing, photographers from the popular Facebook page Halifax snapped a photo of the coats and word spread throughout social media.

TC MEDIA

I don't care if you have a home or if you have a job – if you need a new warm jacket, take it.

Tara Smith-Atkins

LAUGHS

Gerry Dee tickets on sale

Tickets are now on sale for fans to catch Gerry Dee in his first-ever Halifax arena show.

As part of a spring comedy tour, the Mr. D actor and comedian is stopping in London, Oshawa and Halifax this spring. Dee will perform at the Scotiabank Centre in Halifax on May 27, 2016 at 7:30 p.m. Tickets went on sale Monday, and run from \$56.50 to \$107.25.

They are available through gerrydee.com, the Ticket Atlantic box office, by phone at (902) 451-1221 or participating Atlantic Superstores.

METRO

ENTERTAINMENT

ComedyFest lineup announced for 2016

Halifax ComedyFest has announced its annual lineup of laughs.

The event will feature more than 30 comedians performing at 14 venues across the city next April, including Bob Marley, Godfrey, Rich Hall, Cathy Jones, Dave Hemstad and Mike Wilmut. According to a release issued Monday, organizers boast that Godfrey "is set to be one of the biggest performers in the US," with past appearances on Late Night with Jimmy Fallon and Comedy Central.

The festival will celebrate its 21st year, and be hosted by none other than local Maritimer Mark Critch of This Hour Has 22 Minutes.

The event runs from April 27 to 30, 2016. An opening gala will be held at Casino Nova Scotia on April 27, with an all-star show the following day. METRO



Cathy Walsh CONTRIBUTED

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Man forced off road, hit with gun

POLICE

Victim knows attacker, 38-year-old faces charges



Philip Croucher
Metro | Halifax

A man is facing several charges after a vicious assault where a car was forced off the road in Nova Scotia.

The RCMP said the incident happened around 1:20 p.m. Sunday after a complaint of dangerous driving on Highway 242 in River Hebert.

RCMP spokesman Cpl. Mark Skinner said a 38-year-old male driver forced a vehicle to stop, then got out and punched the front, driver's-side window.

When he couldn't break through the glass, Skinner said the victim, who had a female passenger with him, took off.



“He caused some very serious injuries.”

RCMP spokesman
Cpl. Mark Skinner

But the suspect allegedly followed him, forcing him off the road.

“The first time he side-

swiped (the vehicle),” Skinner said. “Then he rammed it from behind and forced it off the road.”

Skinner said the victim eventually crawled out of the car and was then assaulted by the suspect with a long gun.

“He used it almost like a baseball bat ... hitting him with the barrel of the gun,” Skinner said.

After the assault, police said the suspect fled, and was later seen heading into a wooded area near the community of Joggins on an ATV.

RCMP arrested him several hours later.

Jason Burbine, 38, of Joggins is facing charges that include assault, assault with a weapon, aggravated assault, pointing a firearm, possession of a weapon dangerous to the public and uttering threats.

Skinner wouldn't say what the motive was behind the incident, but said the victim — a 28-year-old from Moncton, N.B. — and the accused are known to one another.



ON YER BIKE! WHEEL TRICKS Keith Harrison takes advantage of an empty waterfront to practise some tricks in Halifax on Monday. It was a cool day, with temperatures reaching about 6 C, and much of the same is expected for the rest of this week. JEFF HARPER/METRO

INVESTIGATION

Boy says jogger grabbed arm



Haley Ryan
Metro | Halifax

Halifax police are asking for the public's help in finding a man who allegedly grabbed a child's arm Monday morning.

Police said an 11-year-old boy was walking to school, and passing through a pathway near Fiske Street and Glenforest Drive, when a man jogging behind him grab his arm

+ TIPS WANTED

Police seek information

Anyone with information about this incident is asked to call Halifax police at 902-490-5020. METRO

around 11:50 a.m.

The boy told the man to get away and tried to bite the man, police say.

The boy then ran home, and told his family what happened. They reported the incident to police.

Officers searched the area but were unable to find the suspect.

Police describe the man as an unknown ethnicity, about five-feet-nine with an average build and hair on his arms.

The man, who did not speak during the incident, was said to be wearing a black hoodie with the hood pulled up.

IN BRIEF

DHX Media turns profit in latest quarter

Halifax-based DHX Media Ltd. says it turned a profit in its latest quarter compared with a loss a year ago, while revenue grew nearly 50 per cent. The producer of child- and youth-oriented TV programs says it earned \$7.5 million or six cents per share in its most recent quarter. That compared

with a loss of \$7.7 million or six cents per share in the same quarter last year. Revenue in the company's first quarter totalled \$63.9 million, up from \$43 million. THE CANADIAN PRESS

Rare sea turtle found at Hall's Harbour dies

A rare turtle from the Gulf of Mexico that was found on Nov. 8 at Hall's Harbour

has died. Dubbed Eric, the Kemp's ridley sea turtle was turned over to Dr. Chris Harvey-Clark, a veterinarian and founding member of the Canadian Sea Turtle Network (CSTN). The animal “couldn't overcome the combination of emaciation, pneumonia, and the effects of hypothermia,” according to a post on CSTN's website. TC MEDIA

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WEATHER GLORIOUS FALL CONTINUES IN HALIFAX Dog walkers enjoy a blanket of freshly fallen leaves at Point Pleasant Park on Monday. Fall colours are in full bloom this time of year throughout Halifax. Tuesday's forecast is for cloudy weather, with a high of 5 C and a low of -1 C. JEFF HARPER/METRO

Church is saved

STELLARTON

Our Lady of Lourdes Parish remains open

The prayers of parishioners at Our Lady of Lourdes Parish in Stellarton have been answered: Their church will stay open.

Darlene Taylor, a fourth-generation parishioner and member of an action committee organized to save the Catholic church, said they received a letter from the Bishop on the weekend telling them the news they had worked, hoped and prayed for.

Bishop Brian Dunn wrote in an official statement that he had received information from people who felt the closure, announced in July, came as a shock. Some believed the review process was flawed and others that the finances were not transparent.

"One parishioner commenced a lawsuit to prevent closure, supported by the affidavits of many parishioners. A parish action group formed and drew together a considerable amount of information that caused me to reconsider my decision." TC MEDIA

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Quebec Immigration Minister Kathleen Weil talks at a news conference in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Provinces to bring in 16,000 refugees

IMMIGRATION

Ontario and Quebec proceed amid security fears

The federal Liberals are still days away from revealing their plans to bring in 25,000 Syrians by the end of the year, but Canada's two largest provinces say they're ready to bring in 16,000 refugees.

Quebec is pressing ahead with a plan to accept nearly 6,000 refugees despite the public's "legitimate worries" about

security, Kathleen Weil, the province's immigration minister says.

Weil, Minister of Immigration, Diversity and Inclusiveness, says Quebec's plan is to resettle about a quarter of the refugees the newly elected federal Liberal government has committed to bringing into the country by year's end.

That works out to about 5,750 people, all of whom will undergo a criminal background check and health checks, in addition to being screened by Canada's national security agencies.

Ontario, meanwhile, is expected to receive some 10,000 refugees by the end of 2016.

Health Minister Eric Hoskins said Queen's Park is working closely with federal counterparts to determine where and when the refugees will be settled.

Weil also addressed the security concerns in the wake of the attack, but said it is important Quebecers understand the "profile" of those the government will be bringing in.

"They are people who are fleeing violence. They are people who are fleeing the exact same acts of terrorism that we saw in Paris," she said. "They are people who are very vulnerable, who are worried, who are searching for a haven of peace." TORSTAR NEWS SERVICE

+ SECURITY

Attacks raise questions

The terrorist attacks in Paris has led to questions about how France's intelligence agencies could have missed the plot and whether other countries could be more vigilant. Michel Juneau-Katsuya, a former senior intelligence officer with the CSIS, said the nature of the threat is that they can strike anywhere, anytime, so the source of the problem needs to be tackled. METRO

SASKATCHEWAN

Premier wants PM to put plan on hold

Saskatchewan Premier Brad Wall is citing safety concerns for his wanting the federal government to suspend its plan to bring in 25,000 Syrian refugees by year's end.

Wall said in a letter to Prime Minister Justin Trudeau he is worried that fast-tracking refugee claims could undermine the screening process.

"I do believe that if there's a chance that even only one person would use the refugee process to come into this country with a plan to do ill, to do bad things in Canada to Canadians, that's worth it, that's worth some circumspection," Wall said in Regina on Monday.

The premier said in his letter that the attacks in Paris are a grim reminder of the death and destruction even a small number of "malevolent individuals can inflict upon a peaceful



Saskatchewan Premier Brad Wall. THE CANADIAN PRESS FILE

country and its citizens."

Gunmen and suicide bombers killed 129 people and injured about 300 in the French capital on Friday night.

Wall would like the government to re-evaluate its goal and what's being put in place to achieve it. THE CANADIAN PRESS

SUPREME COURT

Liberals terminate Tories' niqab appeal

Justice Minister Jody Wilson-Raybould said she called new Canadian Zuhra Ishaq to tell her that the government was officially dropping its legal pursuit of a ban on niqabs at citizenship ceremonies.

Ishaq, a Muslim who wears the religious face covering, had been fighting the government in court over a Conservative policy that sought to force people to show their faces while taking the oath of citizenship. She felt the policy infringed her religious freedom.

Individuals are still required to bare their faces to an official for identification purposes before the ceremony.

In September, the Federal Court of Appeal ruled against the Conservative government, rejecting the argument that requiring people to show their faces during the oath was consistent with Canadian values of equality and social cohesion.

Ishaq, who came to Canada from Pakistan in 2008, was ultimately able to obtain her citizenship during the recent federal election campaign.

The Conservatives had sought leave to appeal the matter to the Supreme Court



We embrace diversity.

Justice Minister Jody Wilson-Raybould

of Canada, but Wilson-Raybould has said her department would no longer pursue that matter.

THE CANADIAN PRESS

PARIS ATTACKS

Canadian wrongly identified as terrorist

A Spanish newspaper mistakenly identified a Sikh Canadian man as "one of the terrorists" behind the Paris attacks after a doctored image went viral online.

La Razón newspaper apologized for printing Veerender Jubbil's photo on its Nov. 15 front page with the caption "one of the terrorists."

Jubbil, 21, from Brampton, Ont., said the "past 48 hours have been deeply disturbing."

The original image, which Jubbil shared on Twitter in August, shows him taking a

selfie with an iPad in front of a bathroom mirror. The edited image appears to show Jubbil holding a Quran and wearing a vest laden with explosives, with a sex toy in the background.

Jubbil's doctored image was also shared by Italian TV channel and Fox affiliate Sky TG24, with the caption: "ISIS sent a photo of the alleged kamikaze."

Twitter user @Danchrism pointed out the flaw in the edited image. "If he's holding the Quran, what the hell took the picture?" TORSTAR NEWS SERVICE



The doctored image of Veerender Jubbil, left, and the original, right. TWITTER/THE CANADIAN PRESS

IN BRIEF

Peterborough police probe mosque fire as hate crime

A fire set deliberately on Saturday at a Peterborough, Ont., mosque in the aftermath of the terrorist attacks in Paris is being investigated as a hate crime, police said Monday. Murray Rodd, chief of police in Peterborough, said any injury to one of the city's ethnic communities is "an injury to us all." Masjid Al-Salaam is the only mosque for about 1,000 Muslims who live in the area.

THE CANADIAN PRESS

Canada will play active role in terror fight: Trudeau

Prime Minister Justin Trudeau has told his fellow G20 leaders that Canada will continue to make a strong military contribution in the fight against Islamic militants.

He said Canada will concentrate its military contribution on strengthening efforts to train Kurdish fighters for their ground war against the Islamic State of Iraq and the Levant (ISIL).

THE CANADIAN PRESS



A couple kisses in front of the Eiffel Tower, illuminated in the French colours in honour of the victims of the attacks on Friday. This week, the City of Love is perceived by many as a febrile place — easily moved to tears, compassion or panic. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Where 'love will conquer'

Paris City brimming with makeshift shrines heads back to routine

After a weekend of horror, Paris returned to the routines of the work week Monday with determination, defiance — and worry. Rush-hour subway trains were full, shops were open, and office workers lined up for sandwiches or ate lunch on café terraces. But this is also now a city dotted with makeshift shrines: carpets of flowers and candles,

photos of lost loved ones and handwritten notes near the spots where gunmen and suicide bombers killed 129 people enjoying a fall Friday evening in the city.

Parisians stopped by throughout the day to honour the dead, many vowing that their city would remain its incomparable self — the sensual, tolerant, life-loving metropolis of the world's imagination.

"I am afraid, but not enough to stay at home, not moving," said Stephanie Cohen, a bank employee from suburban Paris. Others worried that the attacks would change Paris forever.

"I was there (in New York) when 9-11 happened — and, to

tell you the truth, it did change my life," said Gary Berrios, a student originally from New York. "It changed everyone's life. We don't see the world the same way any more."

At the Place de la République in the heart of the city, a monument to France stood surrounded by flowers, candles and notes. Handwritten cards had been left in French and English, Polish and Vietnam-

"I am afraid, but not enough to stay at home, not moving."
Stephanie Cohen

ese — a reminder that Paris is a city that the world has taken to its heart.

"Love will conquer," said more than one sign — a vow, or perhaps a wish, from the City of Love.

Outside the Bataclan theatre, where 89 people died when attackers gunned down young concertgoers, a banner vowed: "Freedom is an indestructible monument."

There and outside the bars and restaurants where dozens more died, residents paused to lay flowers, light candles or simply stand quietly. Even as the bustle of everyday life reasserted itself, Paris was a city of thousands of silent prayers.

THE ASSOCIATED PRESS

+ 'BARBARIANS'

France seeks coalition

France wants to unite with the U.S. and Russia in a grand coalition dedicated to smashing the Islamic State of Iraq and the Levant, French President Francois Hollande told lawmakers Monday in a rare joint session in the Palace of Versailles. "In my determination to combat terrorism, I want France to remain itself. The barbarians who attack France ... will not make it change," Hollande declared.

THE ASSOCIATED PRESS

BRUSSELS

Region hit hard by poor rapport

There is just one café left near Molenbeek's Place Communale square where you can buy Belgium's national drink — beer.

Instead, stores on the square and the narrow streets that lead off it mostly sell North African food and Islamic robes and head scarves.

In the aftermath of the deadly attacks on Paris, the densely populated Brussels neighbourhood of just under 100,000 has gained a reputation as one of Europe's pre-eminent breeding grounds for jihadis, and preferred stop for extremists.

Police arrested three suspects in the impoverished neighbourhood on Saturday, and French officials on Monday identified Abdelhamid Abaaoud, who grew up there, as chief architect of the attacks on a rock concert, a soccer game and popular nightspots in one of Paris' trendiest districts.

Molenbeek has soaked up so many waves of migrants in recent decades that its Belgian identity has been all but washed away.

Reda Ben Baghdad, who described himself as a Belgian who was born and raised in Molenbeek, rejected claims that the neighbourhood is a hotbed of radicalization.

"I've lived here for 35 years. I'm not a jihadi," he said.

THE ASSOCIATED PRESS



Armed police guard a street in Brussels on Monday.

GEERT VANDEN WIJNGAERT/
THE ASSOCIATED PRESS

UNITED STATES

Several states plan refugee halt

Several U.S. governors are threatening to halt efforts to allow Syrian refugees into their states in the aftermath of the terrorist attacks in Paris, and, at least one is asking the White House for more information on plans to allow refugees into the country.

President Barack Obama's administration has pledged to accept about 10,000 Syrian refugees in the next 12 months.

Republican presidential candidates have criticized the plan.

"I will not stand complicit to a policy that places citizens in harm's way."

Alabama Gov. Robert Bentley

Here's a look at where some states stand:

Michigan: Gov. Rick Snyder said Sunday that the state

is postponing efforts to accept refugees until federal officials review security procedures and clearances.

Texas: Gov. Greg Abbott on Monday ordered Texas' refugee resettlement program not to accept any more Syrians in the wake of the Paris terrorist attacks.

Alabama: Fellow Republican Gov. Robert Bentley announced Sunday that he would refuse Syrian refugees relocating to the state. THE ASSOCIATED PRESS

G20

World leaders discuss anti-terrorism efforts

World leaders vowed Monday to boost intelligence-sharing, cut off terrorist funding and strengthen border security in Europe, as they sought to show resolve and unity following the deadly terror attacks in Paris.

While the summit resulted in plenty of tough talk of the attacks, the G20 leaders spoke mostly in broad strokes of their pledges to intensify the anti-terrorism campaign.

U.S. President Barack Obama resisted calls to escalate U.S. military action and open a large-scale ground war, saying he would instead intensify the American-led airstrike campaign.

Added German Chancellor Angela Merkel: "We agreed that the challenge can't just be tackled with military means, but only a multitude of measures." THE ASSOCIATED PRESS

IN BRIEF

Anonymous hackers vow cyber war on ISIL

Global hackers' group Anonymous has declared a cyber war against the Islamic State of Iraq and the Levant (ISIL). In a YouTube video describing members of ISIL as "vermin that kill poor innocents," the Anonymous member said the hackers would track down members of the extremist group. "We will launch the biggest operation ever against you," the member said. TORSTAR NEWS SERVICE

Israeli troops kill two demonstrators

WEST BANK

Tensions still rising after shootout in refugee camp

Clashes between Israeli forces and Palestinian demonstrators erupted in a West Bank refugee camp overnight Monday after Israeli forces arrived to demolish the home of a Palestinian militant, leaving two Palestinians dead.

It was the latest bloodshed in a two-month wave of violence between Israelis and Palestinians.

Amid the unrest, Israel recently renewed a policy of demolishing homes belonging to Palestinians accused in deadly attacks. Israel says the policy deters attacks, but critics say the tactic amounts to collective punishment.

In Monday's violence, the Israeli military said troops entered

the Qalandiya refugee camp on the outskirts of Jerusalem to demolish the home of Muhammad Abu Shaheen, a Palestinian who the army says fatally shot an Israeli motorist in the West Bank this summer. Abu Shaheen is now in an Israeli prison.

After the troops arrived, hundreds of Palestinians gathered and many threw firebombs and rocks as the Israeli forces demolished the home, and troops fired rubber bullets, tear gas and stun grenades to disperse the protesters, the military said.

THE ASSOCIATED PRESS

+ BORDER DEAL

A senior Palestinian official on Monday said the Palestinian Authority has reached an agreement with Egypt to reopen the Gaza Strip's main border crossing in an arrangement meant to bypass the Hamas rulers.



A Palestinian protestor uses a slingshot to hurl stones at Israeli security forces during clashes in the Palestinian town of al-Bireh on the outskirts of Ramallah in the Israeli-occupied West Bank.

ABBAS MOMANI/ABBAS MOMANI/AFP/GETTY IMAGES

MINNEAPOLIS

Mayor requests probe into police shooting

The mayor of Minneapolis said Monday that she requested a federal civil rights investigation into the weekend shooting of a black man by a police officer during an apparent struggle.

Mayor Betsy Hodges said she sent an email to the Civil Rights Division of the Department of Justice and to the U.S. Attorney for Minnesota to ask for a civil rights investigation in the "interest of transparency and community confidence." The state's Bureau of Criminal Apprehension is already conducting a criminal investigation, but Hodges said the city needs "all the tools we

have available to us."

Authorities have released few details about the shooting, which has enraged some community members after witnesses said the man was handcuffed when he was shot. Police said their initial information showed the man, a suspect in an assault, was not handcuffed. The incident sparked protests and an overnight encampment at a police precinct on the city's north side. Community members called for a federal investigation, as well as for authorities to release video of the incident and the officer's identity. THE ASSOCIATED PRESS

IN BRIEF

Five people slain overnight in Burundi's capital city

Three grenades exploded Monday in different parts of Burundi's capital following a night of violence in which five people, including a policeman, were killed, witnesses and the police said. According to the UN, at least 240 people have been killed since April.

THE ASSOCIATED PRESS

Swedish government, parliament receive threats

Swedish security officials say they have received a threat of attacks against the prime minister, the government and Parliament. Fredrik Milder, spokesman for Sweden's security service told reporters that the email said the threat would be carried out on Tuesday.

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*See O'Regan's Toyota for full details and options. Some models offer discounts in lieu of subvented TOI interest rates. For our \$200,000 giveaway a skill-testing question is required and Fleet & Commercial are excluded.



TECHNOLOGY LET THE ROBOT WARS BEGIN Megabots is challenging Tokyo-based Suidobashi Heavy Industries to a battle for robot supremacy. The California-based startup is pitting its 4.5-metre Mark II, pictured above with founders Brinkley Warren, Matt Oehrlein and Gui Cavalcanti, against the Japanese four-metre Kuratas. A Kickstarter campaign has raised \$550,000 US to turn the Mark II into a meaner fighting machine. THE ASSOCIATED PRESS

Aid donors call for a new deal

SYRIAN CRISIS

Allow refugees to work, host governments urged

Bold new ideas for helping Syrian refugees and their overburdened Middle Eastern host countries are gaining traction among international donors, shocked into action by this year's migration of hundreds of thousands of desperate Syrians to Europe.

Rather than struggling to gather humanitarian aid for refugees, the plans centre around investing billions of dollars, much of it to be raised on financial markets. The money would go for development in countries such as Jordan and Lebanon to improve lives for both their own populations and refugees.

More controversial is a de-

mand by some in the aid community that, in return for such a "Mideast Marshall Plan," Jordan and Lebanon must allow Syrian refugees to work, integrating them more into society. The host countries, however, point to high domestic unemployment in arguing they cannot put large numbers of refugees to work legally.

The mass influx of Syrians to Europe has drawn attention to long-ignored warnings that the traditional aid approach has fallen short in the most devastating refugee crisis in a generation, said regional chief of

the World Bank, Ferid Belhaj.

Under the traditional approach, the UN and other international agencies are the main pillar of care for refugees, either by financing camps to house them or by providing them food aid and stipends to live off of.

But donor funds are waning as the Syrian refugee crisis drags on with no end in sight for a war now in its fifth year. The year's aid appeal of \$4.5 billion for more than four million refugees and host nations is less than half-funded.

Separately, the World Bank is working on new ideas for raising billions of dollars for large-scale investments.

The plan aims to help host countries build infrastructure, right their economies and deal with the steep costs from the refugee population. Eventually, it would expand to rebuild war-stricken Syria, Libya and Yemen.

THE ASSOCIATED PRESS

1M

Lebanon, a country of four million citizens, has more than one million refugees. Jordan, with 6.4 million citizens, has more than 600,000 refugees.

NEW JERSEY

Mall demands kids pay to see Santa

Children wanting to see Santa Claus at a southern New Jersey mall will now have to pay.

The Philadelphia Inquirer reports admission to the Cherry Hill Mall's Adventure to Santa costs between \$35 US and \$50 US. The packages come with photos or video of the visit.

The move has sparked anger from many parents, some of whom say the charge inherently pushes away low-income families, which they say runs counter to the spirit of the holiday.

Pennsylvania Real Estate Investment Trust, which manages the mall, says the exhibit is one of only 12 Adventure to Santa attractions in the country. The attraction was free last year.

The display features characters from the Shrek movies, a virtual sleigh ride, a concert



Parents are angry over mall's move to charge fees to visit Santa.
ISTOCK

performed by elves, and various games. THE ASSOCIATED PRESS

IN BRIEF

Video games industry catching up to TV, film

The video game industry in Canada is growing by leaps and bounds and quickly catching up to film and television production as a major contributor to the economy.

The Entertainment Software Association of Canada says the video game industry spent \$2.36 billion on Canadian production in 2014. That's up almost 50 per cent in one year and now nearly as much as the domestic film industry, which spent \$2.67 billion in the fiscal year ended March 2014, according to figures by the Canadian Media Production Association.

THE CANADIAN PRESS

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OIL	\$41.74 US (+\$1)
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EMMA TEITEL: ON SELECTIVE SOLIDARITY

It's ironic, not to mention annoying, that many of the critics displeased with Facebook's France avatar seem to decry Western favouritism only when a tragedy occurs in the Western world.



When the U.S. Supreme Court granted American gay couples the right to marry nationwide in June, Facebook offered its many millions of users a new way to "celebrate pride." With a special photo-editing tool, the social-networking site enabled users to decorate their display photos with an LGBT-themed rainbow filter — a feature so popular, more than 20 million people adopted it.

For weeks after the Supreme Court's historic decision Facebook was awash in rainbow avatars; a trend some critics bemoaned as bandwagon behavior by "slacktivist" liberals otherwise uninvolved in the LGBT cause. But for many gay people in the United States and around the world, the photo feature and its popularity were actually quite touching; it's not every day one sees celebratory support quantified in such stark, visible terms.

Nor is it every day one sees grief and horror quantified this way. This week, we witnessed the return of Facebook's photo-editing tool, not in association with a happy event, but with an unduly tragic one. On Nov. 13, ISIS-affiliated terrorists murdered more than 129 people and injured more than 350 others in co-ordinated mass shootings and suicide bombings throughout the city. The attacks, which disproportionately targeted young people enjoying a night out on the town — at cafés and a rock

concert — were carried out in some measure by young people, too; Omar Ismail Mostefai, one of the dead terrorists identified after the attack, was reportedly just shy of his 30th birthday. In other words, many of the victims of the attack as well as some of its perpetrators belonged to the Facebook generation.

It makes sense then, that

The question on their minds: Why Paris and not Beirut?

The day before the Paris attacks, Beirut, Lebanon suffered an Islamic State of Iraq and the Levant (ISIL)-orchestrated suicide bombing that killed at least 43 people and injured 200. Facebook has not yet offered users a Lebanon-themed avatar so



APATHY EMBLEM It's disturbing how little attention tragedies in poor countries get in the Western world, Emma Teitel writes, but the solution is not berating people for their lack of sensitivity to global issues. METRO

in a rather morbid turn on the celebratory rainbow filter, Facebook has offered users an opportunity to show solidarity with terror-ridden Paris through a French flag avatar. We don't yet know the exact number of users who have adopted the photo filter, but it appears that Facebook is once again awash in colour. Like many of the world's landmarks, the social networking site has lit up red, white and blue in solidarity with Paris. And once again, critics have emerged to question the social network's well-meaning campaign, this time with a charge of hypocrisy for users eager to show compassion for Paris, but who pay no mind to victims of non-Western tragedies.

they may show solidarity with Beirut, nor has the site expanded its "Safety Check" feature to the Lebanese city. This is a service that allows users to check in with family and friends in an emergency, a service that was enabled in the Paris attacks on Friday but was unavailable in the Beirut attacks on Thursday. Facebook has promised to expand its service (previously available only in natural disaster emergencies), but critics remain skeptical about what they believe is a clear example of Western favouritism on the part of Facebook and its users. And they aren't entirely wrong.

It is indeed disturbing that most Westerners seem to acknowledge tragedy only when it occurs in the whiter

world. And it is a sign of our immense limitation that most of us pay attention to tragedy when we can envision ourselves as victim, in places we have visited.

But it's also ironic, not to mention annoying, that many of the critics displeased with Facebook's France avatar on account of its alleged hypocrisy seem to decry Western favouritism only when a tragedy occurs in the Western world. Anecdotal, I didn't see a single critic of Western favouritism post about the Lebanon attack the day it occurred. Rather, I saw only posts about the Beirut attack and insufficient Western response the day Paris was attacked. Ironically, it seems many critics of Western favouritism are its unknowing adherents — moved to action not by outsized suffering in the Middle East but by outsized support for suffering in the West.

Perhaps the lesson here is that analysis of human reaction to horrible events should be reserved until after the bodies are buried. No matter one's claim to the truth, it is cold, uncouth and misguided to criticize or disapprove of people engaged in genuine outpouring of shock and grief, whether that grief is the result of a highly publicized Western horror or a little known eastern one.

Mourning is not a time to pass judgment — even if you are right.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

Merely having a right to something isn't always a reason to invoke it

It's true that journalists, in the U.S. and elsewhere, have the right to record public life.

It's true that journalists, in the U.S. and elsewhere, can be unfair.

It's true that you'd be hard-pressed to find a better source of self-righteousness than a university campus.

And it's true that you'd be hard-pressed to find a group more marginalized than black Americans.

Last week's argument between activists at the University of Missouri and journalists trying to document their protest — captured on video — was absurdity worthy of Beckett.

In "safe spaces" vs. the First Amendment, it was shouting, pushing, bodies turned to bulldozers. Slinging tongues and smacking lips — and forgetting altogether about ears. Forgetting that rights are often beside the point. As in, merely having a right to something isn't always a reason to invoke it.

Similar protests to end racism on campuses continue to spread across the U.S. and will no doubt offer more flashpoints for conflict with the media.

These days, journalists have a problem, and it lies between the imperatives of activism and the very principle of objectivity. If we woke up each day to an equal society, we probably wouldn't have to keep making the choice

between the two. We'd be able to say to angry students (what would they be angry about?): "I'm not on anyone's side."

If the media itself was more diverse, we would not need to worry as much about how to be sensitive to a minority. Varied points of view among reporters would lead the resulting stories to collectively level out our blind spots.

But we don't have an equal society or a diverse media.

And that leaves reporters increasingly required to ask themselves how much of an ally they want to be and how much is too much.

It's not good enough to work on a single other's behalf. The best reporting carries truth as its agenda. The best reporting doesn't slot people into roles but reveals who they are. No one is all good and right — or bad and wrong.

It's also not good enough to face a crowd of black-rights activists and dismiss them as anti-free speech. I think, given what racism flings at some each day, and the fact that their protests led another crazy white guy to claim he was going to shoot them all, those activists have more pressing concerns.

But I keep coming back to that video, and the self-righteousness on both sides, and the way it underlines this problem that I am now having every day.

Do I seek just outcomes or just tell the truth?

Mourning is not a time to pass judgement — even if you are right.

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DOSTOEVSKY



HIV/AIDS in the public eye

HEALTH

After Sheen rumours, a look at famous people who have disclosed their illness

Charlie Sheen is scheduled to be on the Today show Tuesday morning, reportedly to disclose his HIV status, according to various sources, including People magazine, TMZ and Us Weekly.

It has been 30 years since legendary leading man Rock Hudson shocked the world by sharing his AIDS diagnosis, the first Hollywood star to do so. He died within a few months at age 59. His friendship with Elizabeth Taylor inspired the actress to begin a fundraising campaign that brought in millions for research and education.

Here are others in the public eye who have been diagnosed with HIV/AIDS.

Rock Hudson

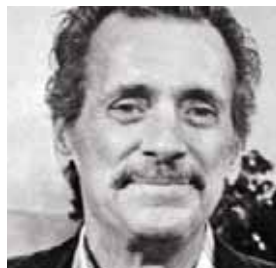
A screen heartthrob and one of Hollywood's most popular leading men, Hudson was the first major American celebrity to publically acknowledge having AIDS in 1985, not long before his death. His diagnosis forever changed the conversation about HIV/AIDS.

Freddie Mercury

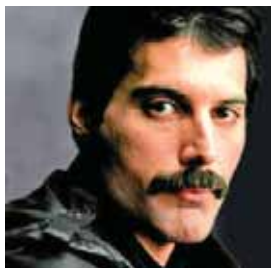
The powerfully voiced lead singer and songwriter for rock band



Charlie Sheen is expected to disclose his HIV status on Tuesday. GETTY IMAGES ALL OTHERS THE ASSOCIATED PRESS UNLESS NOTED



Rock Hudson



Freddie Mercury



Magic Johnson



Danny Pintauro GETTY IMAGES

Queen died in 1991. Among the hits Mercury was responsible for were future classics "Bohemian Rhapsody," "Somebody to Love" and "We are the Champions."

Magic Johnson

The Los Angeles Lakers point guard announced he was HIV positive in November 1991 and retiring from the NBA. He went on to play for the 1992 U.S. Olympic Dream Team, and came back to play with the Lakers in 1995. He's now 56 and has been living with HIV for more than 23 years.

Isaac Asimov

The extremely prolific science fiction writer, whose works include the I, Robot collection and the Foundation series, contracted HIV from a blood transfusion during heart bypass surgery in 1983. He died from AIDS complications in 1992.

Eric "Eazy-E" Wright

The co-founder of hip-hop group N.W.A. and gangsta rapper Eazy-E (Eric Wright) died of AIDS in 1995 at age 31. His illness is dealt with in this year's hit music-drama biopic Straight Outta Compton.

Danny Pintauro

Now 29, the child actor who co-starred on TV's Who's the Boss and also appeared in the thriller Cujo, said during a September appearance on Oprah: Where Are They Now? that he's been HIV positive for 12 years.

TORSTAR NEWS SERVICE

metro OBITUARIES

Ask your Funeral Director for details.

The great shampoo swindle

BEAUTY PRODUCTS

Chemists conclude your money is going down the drain

Liz Brown
Metro | Canada



Sitting in a chic salon getting my fried ends snipped, my hairstylist looked in the mirror and met my gaze.

"You've been using drug-store products, haven't you?" she said.

I looked down, nodding my head, the shame too much to bear.

"It's why your ends are dry and your roots greasy," she clucked, lecturing about how cheap shampoos and conditioners leave residues on hair and don't allow it to breathe.

I walked out of the salon with \$90 worth of products. It's a story most women (and likely many men) can relate to.

According to Randy Schueller, a Chicago-based beauty product chemist and co-founder of The Beauty Brains blog, the stylist line that salon products are uniformly better than the ones you pick up at the drug store is a "total myth" based in marketing and pseudo science.

And these myths mean big bucks for the beauty industry. According to a report published in September by market research firm IBIS-World, the beauty, cosmetics and fragrance retail industry in Canada is worth \$1.3 billion annually, 18 per cent of which is spent on hair care products — and as incomes grow, consumers are more interested in premium items.

"While some salon products can be better, for the most part you don't need to spend at that level to get a good product," he says, noting that ingredients in any shampoo or conditioner only account for about 10 per cent of the product's overall cost.

He knows consumers will disagree with this, but chalks it up to psychology. "If you're going to spend \$30 on a bottle of something versus \$5, you want to believe you are spending your money wisely," he says.

Schueller has been working in the industry for 30 years and formulated for some of the most popular mass market and salon brands, including VO5 and Tresemmé. He recalls a market research study he participated in where



women, over a period of months, were asked to wash their hair with different, unmarked products and answer a questionnaire.

"In general, the salon products did not score as well as the mass market products," he says. "When people don't know it's a salon product — when you strip away the packaging and branding — they perform as well as mass market products (in consumer reviews)." Ni'Kita Wilson, a cosmetic

14

Coconut oil is the only oil shown to moisturize hair from the inside out, but you have to leave it on for 14 hours for these deep conditioning benefits says Randy Schueller.

chemist in New Jersey, says that often consumers can find a suitable alternative to their salon product in a drugstore brand. "Performance-wise, hands down, you can find a cheaper product you are satisfied with," she says.

The biggest difference, according to Wilson, is found between conditioners. Salon conditioners do tend to use better cationic

surfactants — compounds that bind to the keratin protein in hair — making it easier to detangle and smoothing the rough cuticles on damaged ends.

A more expensive salon conditioner may also carry newer silicones to smooth the hair and give it a silky feel. But interestingly, many silicones that have been on the market for a while first appeared in expensive salon brands. "A good example of this is amodimethicone," Wilson says. "It offers superior conditioning benefits to the hair unlike any other ingredient and ... now it can be found in mass brands like

+ HAIR MYTHS (BUSTED)

Avoid silicone in hair care products

These are compounds in shampoo and conditioner that detangle and give hair a silky feeling. "It's true that silicones can be too heavy for fine hair types," says Schueller. "What's not true

and what you frequently hear is that silicone suffocates your hair, or coats it in plastic — my favourite is that it makes your hair 'feel healthy' but it's really bad. That doesn't even make sense because hair is dead, so you can't prevent it from breathing," he says.

You need to switch products because they become ineffective when your hair gets 'used' to one

"This is the granddaddy of all hair care myths," says Schueller. More likely what is happening, according to Schueller, is that conditioning agents present in shampoos and conditioners build up on hair over time,

making the hair seem dull and limp. "When you move to a new shampoo, it strips the residue from the old shampoo and you think 'wow' my hair feels wonderful." Instead trying a clarifying shampoo every so often when hair feels limp.

Alcohol in shampoos and conditioners dries out the hair

"All conditioners carry fatty alcohols to make the emulsion — that creamy aspect," says Schueller. These are called cetyl and stearyl alcohols and help form the body of the

product while giving some conditioning.

Isopropyl alcohol is also sometimes found in a shampoo or conditioner, but it's found at low levels and used as an agent to help carry another ingredient.

"They are solvents and soak up lipids (fats)," says Schueller. "If you were to soak your head in these alcohols, it would be drying to the hair, but in the levels in a rinse off shampoo or conditioner, it will have no impact."



When you strip away the packaging and branding, (salon products) perform as well as mass market products (in consumer reviews).

Randy Schueller, chemist and hair product formulator

Garnier Fructis."

The difference is often in the amount in the formula. "The drugstore brand may put 1 per cent silicone in a formula and that will give you good detangling and nice softness, while a higher end brand may put 2 per cent in their formula, plus another type of conditioning agent like a natural oil," she says.

Her verdict: Save on the shampoo and splurge on conditioner.

And she says there's plenty of ways to top up a mass market brand. Try leaving the product on for a longer period of time underneath a shower cap — the heat helps the con-

ditioner penetrate hair. Or mix your conditioner with a bit of coconut or olive oil.

Schueller says coconut oil is the only oil that has been definitively shown to moisturize hair from within. "But you need to use a lot of it and leave it on your hair for quite some time (up to 14 hours)," he warns.

If you're looking to break a salon product habit and save money, Schueller suggests looking at the first five ingredients of your favourite premium brand and comparing them with cheaper brands. "You'll likely find something in the same ballpark range," he says.

WHO says handle meds with care

WORLD HEALTH ORGANIZATION

Antibiotic-resistant infections are a global issue

A WHO survey revealed that 66 per cent of respondents believe antibiotic resistance doesn't affect those who take antibiotics as prescribed.

The WHO published on Monday the results of its international survey carried out to determine more about the public's knowledge on the use of antibiotics and the increasing spread of antibiotic-resistant diseases.

Published on the first day of World Antibiotics Week (running to Nov. 20) and on the launch of Antibiotics: Handle with care, the WHO's first-ever campaign for the improved use of antibiotics, the survey highlights the misconceptions that the public has on antibiotic use and resistance.

Antibiotic resistance occurs when bacteria, not humans, become resistant to the antibiotics used on them. It is the spread of these bacteria that then causes the spread of infections that are antibiotic-resistant and much harder to treat, which is an increasingly worrying problem for the WHO. The organization questioned some 10,000 participants across a diverse selection of 12 countries which included Barbados, China, Vietnam, Sudan, South Africa, Serbia, Russian Federation, Nigeria, Mexico, Indonesia, India, and Egypt. Interviews were carried out both online and face to face.

The results show that while many (64 per cent) know that antibiotic-resistance is a problem, more than half (57 per



Antibiotics are not an effective treatment for colds or flu. AFP

HEALTH

What you can do to help

Other precautions and control measures that the WHO highlight include:

- Washing hands and practising good hygiene to help prevent the spread of diseases.
- Only use antibiotics that have been prescribed by a doctor.
- Never share antibiotics.
- Never use antibiotics that have been left over from a previous illness.

cent) wrongly believe that there is nothing they can do to prevent its increase. Forty-four percent also mistakenly believe

that antibiotic resistance only affects those who take antibiotics regularly, and 66 per cent believe antibiotic resistance doesn't affect those who take antibiotics as prescribed.

In fact anyone, regardless of age, country, or antibiotic consumption, can catch an antibiotic-resistant infection, and we can all play a part in halting the spread of antibiotic-resistant diseases. For example, antibiotics are not effective in treating viruses, although 64 per cent of those questioned believed that antibiotics can be used to treat colds and flu, and a course of antibiotics should always be finished, despite 32 per cent of those surveyed believing that a course can be stopped once the individual feels better. AFP

RESEARCH

One way to catch a cold is to think you're getting one

In a study exploring the link between self-reported health and immunity, American researchers demonstrated that if you think your health is not very good, you have a greater susceptibility to infection.

Doctors should perhaps ask their patients to self-rate their health at the beginning of a consultation. So suggest the conclusions of this new study, published in the November-December 2015 edition of the journal Psychosomatic Medicine.

Psychologists at Carnegie

Mellon University in the U.S. have shown that the self-rated health of adults aged 18 to 55 could be an indicator of the likelihood of catching a cold.

The researchers selected 360 healthy adults with an average age of 33, whom they asked to self-assess their health using a questionnaire. The volunteers were exposed to a virus that causes the common cold and were monitored for five days to study the development of illness.

The team noted that nearly

a third of the participants developed a cold. The participants who self-assessed their health as being "very good," "good" or "fair" were twice as likely to have been affected by the virus as those who self-reported their health as "excellent."

This study is one of the first to suggest that people are able to predict how their immune system will respond to a virus or other health risks, and it contributes to the understanding of the link between morbidity and self-rated health. AFP



Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Casey's Grill Bar

Canadians love dining out, with 60 per cent of us choosing to buy our meals at least once a week. Casey's Grill Bar is a popular pick for casual dining at affordable prices, with a variety of options from classic steaks, seafood, sandwiches and Asian-inspired dishes. Grabbing an appetizer before dinner is a common occurrence, but they are often heavier than the entrée. Select an appetizer with some protein and vegetables to lessen your appetite before the main course.

PICK THIS



Chicken Tacos (2)

Ingredients

Rotisserie chicken, shredded lettuce, cucumber, red pepper, green onions, lime mango salsa and crema

Calories 450

Fat 29 grams

Saturated fats 10 g

Sodium 810 mg

SKIP THIS



Tornado Potatoes (with Smokin' Cajun Dip)

Ingredients

Deep-friend potato ribbons seasoned with sea salt and drizzled with Smokin' Cajun dip

Calories 1,020

Fat 47 grams

Saturated fats 9 g

Sodium 1,000 mg

HERE'S WHY



Equivalent: Tornado Potatoes & Dip contain as much fat as four BLT sandwiches from Tim Hortons

A fried potato side, no matter what the name, is empty calories with little nutritional value. This fancy version of potato chips are heavily deep fried and served with a mayonnaise and sour cream-based dip, which is a landmine of calories, fat and sodium. The dip itself has 380 calories and 40 grams of fat! Opt for the tacos instead — with its lean chicken and vegetables, this item is both delicious and filling.

Gertie Domestic Medium Hair

Two-year-old Gertie was found stray in a ditch with two kittens. Her kittens have since found homes so it is now time for this precious girl to find her own forever family. Gertie is very laid back and likes to be patted and chatted to. She would be best suited in a home with no other cats as she loves to receive as much attention as possible. You can visit Gertie at PetSmart in Dartmouth Crossing.

She is looking forward to meeting you...



For more information on Gertie and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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LEARNING CURVE

An education in lifelong healthy habits

Each year, the freshman 15, a term used to describe the supposed weight that students gain during their first year of college or university, dominates discussions on student health. However, says one expert, the focus shouldn't be on weight, but, instead, on forming lifelong healthy behaviours.

"The invincible student will age and habits will come back to bite them in the butt, so it's not just about preventing that 15 lbs. now, but that heart attack at 40," says Sara Kirk, a professor of health promotion at Dalhousie University in Halifax. "We have to recognize what is influencing us because until the environment and our prompts change, making healthy decisions will take a conscious effort."

Kirk points to culprits such as sleek advertising and a food industry that is in the business of consumption and has hijacked terms such as "in moderation" as dominant

influencers. She says, rather than the arbitrary "in moderation" mantra, the 80-20 rule is a much better method on which to base your nutritional decisions.

"The 80-20 rule states that 80 per cent of the time you focus on good-for-you foods and 20 percent of the time you have the freedom to indulge," she says. "Also, think about your day and find opportunities to make room for fitness. For example, take time between classes to go for a walk."

However, Kirk cautions against an all or nothing attitude when it comes to making changes. Instead, she says, it is best to take baby steps that are easy to incorporate into your daily routine. For example, fast food, despite being loaded with fat, sugar and salt, is cheap and convenient, making it accessible to students. Kirk suggests being mindful if you find yourself at a burger joint.



SHUTTERSTOCK

"Rather than completing your meal with fries, do it with a salad," she says. "Also, get wise to things like going to the gym and treating yourself to a chocolate bar because you've

'earned' it. That chocolate bar will blow out of the water whatever you did at the gym. Being mindful more often than not will help you to start to shift your behaviours."

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You can turn your passion into a career

If your passion is for sound, the audio engineering and production program at daVinci College is a comprehensive program that gives students hands on training, practical experience, and industry support and connections.

"As an audio engineer you can take pride in inspiring others, whether it's having an audience listen to one of your mixes or being a valued member of a larger team," says Janice Currie, director, daVinci College.

Throughout the program, students will learn to use pre- and post-production software for audio for music, TV, film, games, and Foley and will gain a broad range of important audio skills.

Graduates will be ready to work in a number of different areas within the industry.

"There are endless annual volunteer opportunities and unique events that come up throughout the course where you can practice everything from loading, carrying and setting up audio equipment and staging, audio mixing at major events and even working on the audio for films," says Currie.

As part of the audio program, students will take classes at the Sonic Temple, an award winning full service recording studio in the heart of downtown Halifax.



CONTRIBUTED

"Working in the temple, you become part of something special, and have the opportunity to work directly with professional musicians and, role play recording sessions with their classmates," says Currie.

For more information, visit davincicollege.org.

A direct pulse to the carpentry industry

The Carpenter Millwright College (CMC) has been in existence for only six years, however the training has been occurring for decades.

The Carpenter Union — now called the Atlantic Canada Regional Council of Carpenter and Millwrights and Allied workers (ACRC) has been actively training their members to ensure their workforce is strong, skilled and industry led.

“The CMC was created to open the doors to the public and share this training and provide Atlantic Canada with a skilled workforce,” says Bev Young, director, CMC.

Because the CMC offers a variety of programs, these programs are enticing to a large group of adult learners who have a passion and an aptitude for construction.

“Many people enter the trades at various stages in life but also trades people recognize the need and the advantage that upskilling



CONTRIBUTED

provides,” says Young.

The CMC does pre-employment programs, such as a 16-week flooring installation program and 12-week carpentry development program.

They also offer skill development for experienced carpenters with their 11-week scaffold erection program, six-week formwork program and seven-week drywall program.

“Besides these core programs, we also teach a suite of safety training programs covering basic to specialized safety programs, as well as certification programs and specialty and on demand courses,” says Young. The CMC offers a class ratio of 15 to one and because of the CMC’s affiliation with the ACRC, they have a direct pulse of the industry needs and wants. For more information about the CMC, visit carpentermillwrightcollege.ca

SERVE YOUR COMMUNITY IN A BENEFICIAL WAY

The correctional worker and police foundations diploma program from Success College is designed for individuals with a strong interest in criminal justice and a desire to serve their community in a beneficial way.

As a student in this program you’ll have the opportunity to train hands-on for three distinct careers within the corrections and policing field: corrections, security and policing.

“At Success, we realize today’s students need as many options as possible,” says Janice Currie, director, Success College.

Success College is unique because it is the only college that trains students on official PARE and COPAT fitness equipment.

Success College is also the only private career college in the Maritimes that can train you on the FATS® L7 compact virtual firearms training simulator. The FATS® L7 law enforcement virtual training simulation system effectively supports marksmanship and judgmental training needs of law enforcement, paramilitary and security personnel.

“This type of judgmental training system enhances the understanding of shoot/don’t shoot situations and the corresponding deci-



CONTRIBUTED

sion making process,” says Currie.

The FATS® L7 also includes add-ons for pepper spray and stun gun applications.

Just as important, Success College trains students in non-violent crisis intervention so that the need for physical confrontation is minimized or avoided altogether.

During a practicum, students work in a real corrections, security or policing setting and gain first-hand, practical knowledge and experience in their new career field. For more information, visit successcollege.ca.

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Data analytics skills in high demand

Almost every type of organization is now faced with unprecedented data challenges and opportunities.

Successful organizations will have professionals that can think strategically about data and design software / applications that can leverage structured and unstructured data.

"There is an incredible demand and lucrative job opportunities for graduates with both computing (software design and development) and data analytics skills," says Keith Bain, graduate program manager, adjunct professor, Department of Mathematics and Computing Science, Saint Mary's University.

The MSc in computing and data analytics (CDA) offered at SMU is a professional graduate program has been designed with industry for students with undergraduate degrees in computer science, statistics, engineering that wish to pursue careers in data.

"Data is ubiquitous," says Bain. "Successful organizations need professionals that can derive meaning from huge and complex data



CONTRIBUTED

sets — this trend will only accelerate."

Students of this program are introduced to big data challenges and solutions through eight foundation courses.

They then pursue one of three applied learning options; paid internships, industry sponsored projects, or a master thesis.

MSc CDA uses a program curricular model and learning opportunities are added to extend learning beyond the core courses.

For example, students compete in hackathons, attend industry sponsored events, attend thematic conferences, learn networking and career development skills, participate in boot camps, receive project management training, etc. All CDA courses feature an industry faculty member team teaching with mathematics and computer science and business faculty. For more information, visit smu.ca.

HEALTH CARE DEMAND A CONSTANT IN CANADA

With Canada's economy in a less than ideal position, one thing will always remain constant — the demand for quality and consistent health care. In just 13 months, individuals can train to enter into the exciting field of health care through the medical office administration program offered through Maritime Business College.

"Advances in technology and an aging population are actually creating growth in the health care industry right now," says Janice Currie, director, Maritime Business College.

"Individuals with specialized health care training often enjoy higher job security than professionals in fields more affected by changes in the job market."

Throughout the program, students will learn the unique procedures and practices of health care offices for a career as a medical office administrator.

Practical skills include; computer applications, medical terminology, medical transcription and medical office procedures, combined with important human relations and verbal and written communications skills.

As a successful graduate of the medical



CONTRIBUTED

office administration program, students will be proficient in office practices and software, enabling them to manage a medical office, receive visitors, and build applications.

"This 13-month diploma program prepares students to become entry-level medical office assistants who are able to work in a variety of health-care office environments," says Currie.

This program has been designed so that a two-year program can be completed in just 13 months. Students attend classes for 13 consecutive months (with winter, spring and summer breaks) to complete the program. For more information, visit maritimebusinesscollege.ca.

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1577 Barrington St. **HALIFAX**

Avalanche centre Matt Duchene was named the NHL's first star of the week after recording 4 goals and 8 points in 3 games — all road wins

Injured McDavid refusing to play the blame game

NHL

Oilers' ace is philosophical about debated Flyers incident

Connor McDavid won't say if it was clean hockey or a dirty play that cracked his clavicle and disjointed his season.

The 18-year-old Edmonton Oilers rookie was making his first comments Monday on the injury he received two weeks ago in a game against the Philadelphia Flyers.

McDavid was barreling toward the net when he appeared to lose his edge or catch a rut in the ice, spilling him into the end boards with Brandon Manning and Michael Del Zotto, the two Flyers who were draped all over him.

The injury sparked heated debate among hockey fans and analysts over whether the Flyers grabbed McDavid on the way down or gave him an extra shove into the boards.

Oilers head coach Todd McLellan said it looked like a clean but unfortunate hockey play, while outspoken TV commentator Don Cherry said the Flyers took advantage of McDavid's vulnerable position to drive him into the boards.

Which was it, McDavid was asked by reporters Monday: Dirty or clean? "I don't really want to touch too much on



The Edmonton Oilers' Connor McDavid speaks to media on Monday for the first time since his collarbone injury, which happened against the Philadelphia Flyers. JASON FRANSON/THE CANADIAN PRESS

that," McDavid replied.

"I know there's been a little bit of debate on whether or not (it was a clean play)."

Did you get an extra push on the way down? he was asked.

"I'm not going to comment on that," he said again. "I'm

sorry." Overall he was philosophical about the injury that has him out until some time after the new year. "These things happen," he said.

"It's a fast game. It's hockey. People get hurt. Any time three guys go into the boards at that

kind of speed, something is bound to happen. I guess I kind of got the brunt of it."

McDavid says his recovery is going along as expected but wouldn't give a revised timeline for his return. He says he is free of the shoulder sling,

“It's a fast game. It's hockey. People get hurt.”
Connor McDavid

that plates and screws are in the bone to help in the repair, and that there is no damage to the shoulder, elbow or surrounding tissue.

"If there's any silver lining it's that it's nothing more than the (collar)bone," he said.

He has already begun riding the stationary bike to keep in shape while he rehabs the injury. The break derailed a promising start to the most anticipated rookie season in the NHL in a decade.

The Ontario-born teen has a combination of blazing speed, soft hands, and playmaking ability that has scouts touting him as a once in a generation player.

Injured in his 13th game, McDavid had been on a tear with five goals and 12 points.

He had proven himself the catalyst player on the Oilers, a team that has missed the playoffs for nine consecutive seasons and is once again struggling. Heading into Monday night's games, the Oilers (6-12-0) were last in the Western Conference and tied with Columbus in the cellar of the entire league.

THE CANADIAN PRESS

IN BRIEF

Canada moves up to 7th in basketball rankings

Canada has climbed two spots to seventh on the FIBA combined men's and women's world basketball rankings. The Canadian women won both the FIBA Americas Olympic qualifying tournament in Edmonton, and the Pan American Games in Toronto.

The men were third at their FIBA Americas tournament, enough to guarantee them a spot in a last-chance Olympic qualifying tournament next year.

The United States, Spain, France, Australia, Russia and Argentina continue to hold down the top six spots. THE ASSOCIATED PRESS

Bangkok race accidentally extended by four miles

An error by race organizers has made Bangkok home to the world's longest half-marathon.

Instead of the typical 21-kilometre run through Thailand's steamy capital, the Standard Chartered Bangkok Marathon on Sunday accidentally extended its annual half-marathon to nearly 28 kilometres.

The bonus kilometres came as a surprise to runners, who unleashed a tirade of complaints on social media after the event.

THE ASSOCIATED PRESS

Walters' double beats Bosnia and sends Ireland to Euro 2016 in France

Ireland qualified for next year's European Championship on Monday as Jonathan Walters returned from suspension to score both goals in a 2-0 win over Bosnia-Herzegovina and secure a 3-1 aggregate playoff win.

Walters converted a penalty in the 24th minute after Ervin Zukanovic's handball in the box. The Stoke forward all but confirmed Ireland's ticket to France with his second goal 20 minutes from full time to set off celebrations at the Aviva Stadium. THE ASSOCIATED PRESS



Reimer smiles better this season after rough patch

Smiling James Reimer is back.

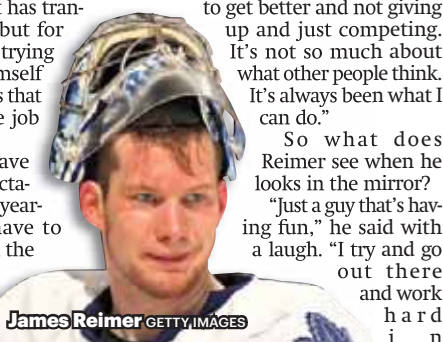
After a rough couple of seasons since the Toronto Maple Leafs brought in Jonathan Bernier to be their starting goaltender, the affable Reimer has plenty of reasons to be happy.

In his past seven starts, Reimer is 4-1-2 with a 1.95 goals-against average and .945 save percentage. He was named the NHL's third star of the week and will get the nod for his eighth start in nine games Tuesday when the Leafs play host to the Colorado Avalanche.

Reimer one day may think

about his crazy ascent to the NHL and what has transpired since, but for now he's just trying to prove to himself and teammates that he can get the job done.

"Really I have my own expectations," the 27-year-old said. "I have to look myself in the mirror. That's the person I try and prove.



James Reimer GETTY IMAGES

Every day it's about just trying to get better and not giving up and just competing. It's not so much about what other people think. It's always been what I can do."

So what does Reimer see when he looks in the mirror? "Just a guy that's having fun," he said with a laugh. "I try and go out there and work hard in

“I have to look myself in the mirror. That's the person I try and prove.”
James Reimer

practice every day, so when I step on the ice I know I've prepared myself the best I can."

That preparation came from working with goaltending

consultant Lyle Mast and new goaltending coach Steve Briere. Reimer struggled at the onset but has since seized the chance to be the No. 1 goalie with Bernier hurt and not on top of his game.

After Bernier struggled in Sunday night's 4-3 loss at the New York Rangers, coach Mike Babcock quickly told reporters that he was turning back to Reimer against the Avalanche.

"We're in the winning business," Babcock said. "You've got to earn your own confidence. That's how the league is."

THE CANADIAN PRESS

Mixed doubles being given a shot

CURLING

Format will debut at 2018 Winter Games

Mike McEwen quickly prepared a sports drink after he got off the ice Monday at the Wall Grain Mixed Doubles Classic curling tournament.

"I'm fuelling up here, I feel like I just had a workout on one side of my body," he said.

The mixed doubles game was a big switch for the Winnipeg skip, who threw and swept stones with wife Dawn McEwen at the Oshawa Curling Club. They were joined by a who's who of Canadian curlers, who are taking the discipline more seriously now that it's on the program for the 2018 Winter Olympics.

"The players are enjoying it, learning the new game and having fun with it," said Curling Canada mixed doubles program manager Jeff Stoughton. "They're trying to figure out what to do and that's the whole idea of this is to get these players some game-time experience."

Most players in the 20-team field are usually focused on the traditional four-person game. The mixed doubles format has been a refreshing change for many as it requires different strategies, heightened fitness levels and quicker decision-making.

While many curlers have at least dabbled with mixed doubles in the past, Stoughton estimated about half the teams were playing in a tournament for the first time. It's part of the buildup to the March 31-April 3



John Morris sweeps for teammate Rachel Homan in the Wall Grain Mixed Doubles Curling Classic at the Oshawa Curling Club in Oshawa, Ont., Monday. FRANK GUNN/THE CANADIAN PRESS

Canadian mixed doubles trials in Saskatoon and the world championships April 16-23 in Karlstad, Sweden.

McEwen, who's second behind Brad Gushue in the Canadian Team Ranking System, rarely sweeps when he plays the four-man game. But he was working the broom hard in an 11-4 victory over Janet and Hugh Murphy.

8

Only eight teams will make up the field at the 2018 Games.

"It's a lot more learning on the fly," McEwen said. "Getting your heart rate down after

you've just swept end to end on your own shot. So it's a very different game, a very different mindset."

There are fewer ends and a tighter shot clock in mixed doubles, so games last only about an hour and a half. There is no skip position and curlers have to leave the hack quickly to catch up to the stone to start sweeping. THE CANADIAN PRESS

IN BRIEF

Manning benched for Broncos' next game

Peyton Manning won't suit up against the Chicago Bears on Sunday. Denver Broncos coach Gary Kubiak is going with backup Brock Osweiler as he tries to get his 39-year-old quarterback healthy.

Manning, who completed just five of 20 passes for 35 yards with four interceptions Sunday in Denver's 29-13 loss to Kansas City, is dealing with a variety of ailments, including a torn plantar fascia in his foot, according to reports. THE ASSOCIATED PRESS

Edelman suffers broken bone in his foot: Report

The New England Patriots are celebrating another victory and lamenting the loss of a key contributor. Receiver Julian Edelman reached for his foot after being tackled in Sunday's 27-26 win over the New York Giants.

Edelman caught four passes for 53 yards before leaving the game. Coach Bill Belichick declined to comment on the injury, but media reports said Edelman had a broken bone in his foot. THE ASSOCIATED PRESS

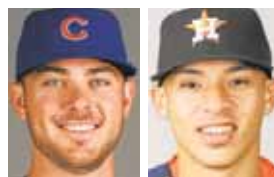
MLB

Bryant and Correa named top rookies

Chicago Cubs third baseman Kris Bryant was a unanimous pick as NL Rookie of the Year, and Houston Astros shortstop Carlos Correa was voted the AL honour.

Bryant made his debut on April 17 and became an NL all-star. The 23-year-old hit .275, leading big league rookies with 26 homers, 31 doubles and 99 RBIs as Chicago returned to the playoffs for the first time since 2008.

Correa, 21, made his debut June 8 and hit .279 with 22



Kris Bryant and Carlos Correa
THE ASSOCIATED PRESS

homers, 68 RBIs and 14 steals, helping the Astros make their first post-season appearance in a decade. THE ASSOCIATED PRESS

metro OBITUARIES

FIANDER, Mason Andre

Our darling baby boy, Mason Andre, passed away suddenly at the IWK Health Centre on November 14th, 2015. Mason was born in Halifax on October 17th, 2015. Although he was not with us for very long, he brought us great joy during that time. Mason especially enjoyed being splashed in his bath, being sung to and clinging to his parents' fingers. He will live on in all our hearts. Mason is survived by his parents, Mark and Christine (Perusse); his maternal grandmother, Gerry Perusse; his paternal grandparents, Paul and Sandra Fiander; his great grandmothers, Mary Campbell and Ruth Fiander. He is also survived by his uncles, Michael and David Perusse; his aunts, Krista and Alana Fiander and Lisa (Douglas) Beazley-Fiander as well as his cousin Jackson Beazley. He was predeceased by his maternal grandfather, Andre Perusse. Cremation has taken place. Visitation will be held Thursday, November 19 from 7-9pm. A memorial service will be 2pm Friday, November 20 in Atlantic Funeral Homes, 771 Main Street Dartmouth, Rev. Catherine Simpson officiating. Reception to follow. Private family burial in Dartmouth Memorial Gardens. Family flowers only. In lieu of flowers donations in Mason's memory may be made to Baby's Breath. Online condolences may be sent by visiting www.atlanticfuneralhomes.com (Dartmouth Chapel)



Arbor Memorial

Cole Harbour Funeral Home & Crematorium

metro OBITUARIES

Ask your Funeral Home for details.

RECIPE White Chili



PHOTO: MANA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada



- 1 cup greek yogurt
- Salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions

1. Brown the chicken over medium heat in small batches — don't worry about cooking it through. Remove from the pan and place on a plate. Set aside.
2. Sauté the onions and garlic until they start to smell fantastic. Now add the spices and let them cook for a minute or two. Add the beans, broth and add the chicken back. Simmer for about 20 minutes.
3. Turn the heat down and stir in the yogurt. Add the lime juice and salt and pepper to taste. Serve with a good sprinkling of cilantro.

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SWEETPOTATOCHRONICLES.COM

Is it wrong that we're kind of jealous of you getting to try this creamy, zesty twist on chilli for the first time?

Ready in

Prep time: 25 minutes

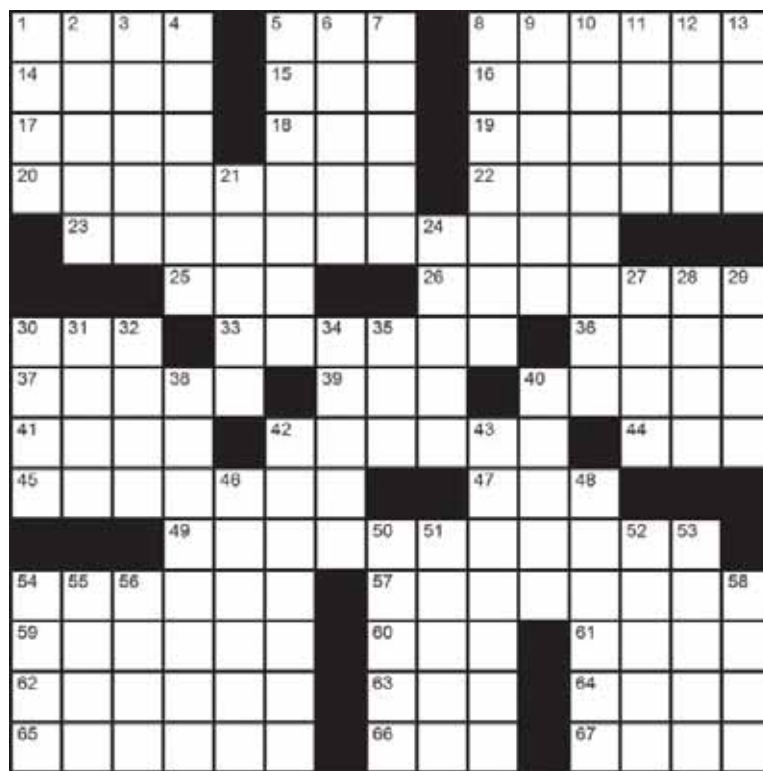
Serves 4**Ingredients**

- 1 lb chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannellini beans
- 2 cups low-sodium chicken stock
- 2 Tbsps lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. "Who Let the Dogs Out" by _ Men
5. Tank's filling
8. Thronged
14. Some brand name electronics
15. Old English letter
16. Visiting the Trevi Fountain or Colosseum: 2 wds.
17. Popular painting flower
18. Born, in society notices
19. "Casino" (1995) actress Ms. Stone
20. Puts on the kettle, drops a bag into the cup...: 2 wds.
22. Truthful
23. Stewart _ (Canadian co-founder of #33-Across)
25. Mystery novelist Ms. Grafton
26. Glow
30. Mr. Diesel
33. Photos-sharing website
36. Switchblade
37. Taylor Swift's "Shake _ _"
39. Shoe part
40. The South _ (Area near Montreal)
41. Neutral tone
42. French animal rights activist Brigitte
44. Hankering
45. Business school for Donald Trump
47. Red Chamber fig.
49. Russian-born Hollywood movie producer who headed MGM and is an honoured



member of Canada's Walk of Fame having been raised in Saint John, New Brunswick: first name + initial + surname

59. Approximately
60. Entries
61. Sea wolf
62. " _ Nights" (1997) starring Burt Reynolds and Mark Wahlberg
63. Spud-exporting prov.
64. 'Neat' and 'Beat'

suffices

65. Old Testament's Book of _
66. 'Heir' suffix
67. Faxed

DOWN

1. Hat part
2. "Don't be such

_ _!" (Stop being so grouchy)

3. Verse form of Japan
4. Holdings
5. Well mannered
6. "Doe _ _ _": Lyric snippet in "The Sound of Music" (1965)

7. Bundle
8. Get what someone said wrong
9. Waiting to be connected: 2 wds.
10. Wield, as a knife
11. Drill hole
12. Goth music fans
13. Car ding
21. Things
24. Galled
27. Yo! from a yacht
28. Get weary
29. Level
30. Perspective
31. Longing
32. Ms. Ephron
34. Frances _ (Belleville, ON born writer who is a Member of the Order of Canada. Her bestsellers include Deafening and #51-Down.)
35. _ anglais (English horn)
38. Soldier's temporary leave
40. Place
42. City in Colorado
43. Gradual method of learning
46. \$2 coin
48. Stockings
50. R.E.M. singer Michael
51. Remembering the _ (Novel by #34-Down)
52. Spooky
53. _ ' _ Roll
54. Pig in the movies
55. Cupid's Greek counterpart
56. Height measurement
58. Brewer's kiln

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If there's something about your situation that you don't like there's nothing stopping you from changing it. But first, ask yourself if you really dislike it or if you're just bored.

Taurus April 21 - May 21
Something will happen that catches you by surprise. It may not be an enjoyable one but if you are honest with yourself you'll admit that you needed a kick to get moving again.

Gemini May 22 - June 21
It may feel as if you are running out of time but it isn't true. Time never runs out — there will always be another chance, and another after that, a bit further down the road. Don't put so much pressure on yourself.

Cancer June 22 - July 23
Don't let other people's cautious ways hold you back from trying something new. Taking chances pays off for you more often than not, so follow your instincts.

Leo July 24 - Aug. 23
As a general rule you don't like surprises but what happens next will not only surprise you but please you as well. If you are invited to a social event you must go.

Virgo Aug. 24 - Sept. 23
Look for ways to settle a dispute agreeably today. If you allow it to drag on it may distract you from more important things. Even if you are the one who is owed an apology it will pay you to say sorry yourself.

Libra Sept. 24 - Oct. 23
You won't be able to please everyone today, so decide who is of most importance to you and focus on doing what makes them feel good. Better yet, do what makes you feel good.

Scorpio Oct. 24 - Nov. 22
Give a helping hand with no thought of reward. With the Sun in your sign chances are you don't want for anything but not everyone is as fortunate as you, so spread a little joy.

Sagittarius Nov. 23 - Dec. 21
You want to be dynamic but something seems to be holding you back. Wait until the Sun moves into your sign on the 22nd, then you can be sure that you are doing the right thing and making the right moves.

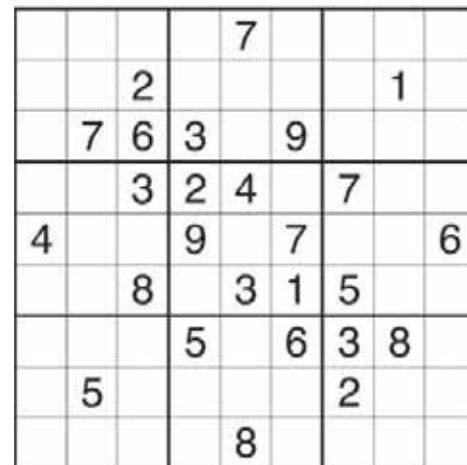
Capricorn Dec. 22 - Jan. 20
It may seem as if certain things are beyond your control. Don't get depressed about it. Life moves in cycles and if you are on a downward curve you'll be on an upward curve soon.

Aquarius Jan. 21 - Feb. 19
All routes lead to your ultimate destination, so don't think you have to change direction if you are not making as much progress as you would like. It's not where you go but what you learn along the way that matters.

Pisces Feb. 20 - March 20
Someone will make you the kind of offer you find hard to believe but if you don't take it seriously you will kick yourself later when you realize that it was on the level.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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OFFER ENDS
NOVEMBER 30TH

Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from November 3 to 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to \$1,715, \$100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-fill charges up to \$100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *0% Purchase financing for up to 84 months or up to \$7,000 discount is available on select new 2015/2016 Kia models on approved credit. Terms vary by model and trim. Maximum \$7,000 discount (\$6,000 cash discounts and \$1,000 ECO-credit) is offered on 2015 Optima Hybrid LX (OP744F) only. See dealer for complete details. Representative financing example based on 2016 Forte Sedan LX MT (F0541G) with a selling price of \$15,995 financed at 0% APR for 84 months. Monthly payments of \$179 with a \$0 down payment/equivalent trade. Includes \$1,000 in discounts (loan credit), excludes delivery and destination fees up to \$1,715, \$79 PPSA and A/C charge (\$100, where applicable). Applicable taxes, licensing, insurance, dealer administration and registration fees are extra. Dealer may sell for less. Available at participating dealers. See dealer for full details. Discounts (Loan credits) vary by model and trim and are deducted from the negotiated selling price before taxes. *Cash Purchase Price for the new 2015 Optima LX AT (OP742F)/2015 Optima Hybrid LX (OP744F) is \$19,295/\$23,095 and includes a cash discount of \$5,500/\$7,000 including \$6,000 cash discount and \$1,000 ECO-credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Don't Pay Until Next Year™ on all models (90-day payment deferral) applies to purchase financing offers on all new 2015/2016 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Available at participating dealers only. Offer ends November 30, 2015. *Representative Leasing Example: Lease offer available on approved credit (OAC), on new 2016 Rio LX MT (R0541G)/2016 Forte LX MT (F0541G) with a selling price of \$14,295/\$15,995 is based on monthly payments of \$84/\$110 for 36 months at 0%, with \$1,997/\$1,450 down payment, \$1,500/\$1,300 lease credit and first monthly payment due at lease inception. Total lease obligation is \$3,041/\$3,954 with the option to purchase at the end of the term for \$7,005/\$8,477. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). *Open to Canadian residents who have reached the age of majority in their province or territory of residence, who take a test drive at a Canadian Kia dealership between November 3, 2015 and January 4, 2016. 10 weekly prizes of a \$3,000 iTravel2000 voucher available. Plus one \$100 travel voucher per eligible test drive. Limit of one entry/test drive voucher per person. Skill testing question required. Some conditions apply. Go to **kia.ca** for complete details. *Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. *Model shown Manufacturer Suggested Retail Price for 2016 Rio SX with Navigation (R0749G)/2015 Optima SX Turbo AT (OP748F)/2016 Forte SX AT (F0748G) is \$22,595/\$34,895/\$26,695. The 2015 Optima was awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2015. U.S. models tested. Visit **www.iihs.org** for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (**www.SaferCar.gov**). The 2016 Rio was awarded with the Clef d'or "Best in Class" by L'Annuel de l'Automobile 2016. Visit **www.annuelauto.com** for all the details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit **kia.ca** or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.